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Jim Nestor named Coach of the Year pg. 8

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THE FLYER

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Salisbury University's Student Voice

September 8, 2009

Syrian Ambassador to visit Salisbury



Dr. Imad Moustapha

By Jeremy Riffle
Global and Editorial Editor

On Tuesday, Sept. 15, Salisbury University will be dignified by a lecture given by the Syrian Ambassador to the United States.

Ambassador Imad Moustapha will be the first of three ambassadors from the Arab world to visit the University as part of the Office of Cultural Affairs' Ambassador Lecture Series.

Moustapha has been the Syrian government's representative in Washington, D.C. since March 2004. Be-

fore this, Moustapha, who holds a Ph.D. in Computer Science from the University of Surry in the United Kingdom, served as Dean of the Faculty of Information Technology at the University of Damascus and Secretary General of the Arab School for Science and Technology. Additionally, he cofounded the Network of Syrian Scientists, Technologists and Innovators Abroad and has consulted numerous international and regional organizations on science and technological policies in the Middle East. Moustapha also served on the Syrian team responsible for develop-

ing the reformation of the Syrian ministries of Culture, Education and Higher Education.

The Office of Cultural Affairs is assisted in the Ambassador Lecture Series by World Artists Experiences, Inc., a non-profit organization that Salisbury University is affiliated with.

"World Artists Experiences is a group of volunteers out of the D.C./Annapolis area... No one is paid. It's a labor of love and their belief is that you promote understanding between cultures and people through the arts," said June Krell-Salgado, Director of the Office of Cultural Af-

fairs.

The organization promotes the utility of the arts as a method of building bridges of understanding between cultures. Since its creation, World Artists Experiences has provided grassroots level cultural exchange with programs involving artists and musicians from around the world. The University has been affiliated with the World Artists Experiences for five years and, as a result of their relationship, has enjoyed several types of events, including lectures, musical presentations and exhibits.

SEE Ambassador Pg. 3

Student Activities Welcomes New Students



Sarah Lake photo

POMS president Telecia Taylor, SUPD Officer Shacarius Shrieves, Graduate Assistant of Volunteerism Ashley Dickinson, SOAP member Emile Kumfa and Student Activities Administrative Assistant Ann Obert pause for a photo op during Survival of Arrival. Incoming freshmen and their parents were welcomed by friendly staff, students and local vendors during New Student Orientation.

New parking garage is open for business

By Jacqueline Miller
Staff Writer

With the start of a new school semester, students have a lot to look forward to and even more to worry about.

Parking, however, should no longer be an issue, thanks to SU's new three-level parking garage.

Located on Wayne Street, the parking garage is close to campus and provides an additional 850 parking spots, which makes up for the lost spaces due to the construction of the new Perdue School of Business.

In order to park in the new parking garage, students must purchase a yellow parking permit for \$90. Permits are available on a first-come, first-served basis to

students with at least 30 earned credit hours. Students with a yellow permit may also park in the dresser lots and the East Campus Complex lot on Wayne Street as well as the main campus lot after 5:15 p.m.

Some students, however, do not feel purchasing a parking permit is worth the money because they use other methods of transportation.

Senior Deanna Cox walks to campus but said if it rained or snowed, she would use the parking garage.

"In addition to the parking permits," she said, "I think students should have the option to be able to pay for the parking garage when they use it by picking up a ticket and paying when they leave."

SEE Parking Pg. 2



Kelly Robinson photo

SU's new three-level parking garage on Wayne Street provides 850 parking spots.

SU prepares for flu season and H1N1 virus

Submitted by Student Health Services

As the fall semester commences, SU is preparing for what is projected to be a busy flu season. A subcommittee of SU's Emergency Management Committee has been meeting all summer to monitor the global, national and regional situation. Prevention and intervention plans are in place in order to better manage the seasonal and H1N1 flu, should SU's campus be affected. Student Health Services reports that as students re-

turn for the semester, they are accessing care for classic flu symptoms.

"It is important for students, faculty and staff to understand the difference between the 'true' flu and other respiratory illnesses, like the common cold," said Jennifer Berkman, Director of Student Health Services. "The hallmark of the flu is a fever of 100 degrees or more, along with cough and/or sore throat."

Without a fever, individuals should know they do not have the flu.

The symptoms of H1N1 flu are similar to the symptoms of seasonal

flu. In addition to fever, symptoms may include sore throat, cough, stuffy nose, chills, headache and body aches, and fatigue. Some people have reported diarrhea and vomiting associated with H1N1 flu. Symptoms usually have a rapid onset.

The infectious period is one day before the beginning of illness to seven days after the onset. As with seasonal flu, those with underlying chronic medical conditions, pregnant women, or younger and older age groups may be more seriously affected.

The treatment for seasonal and

H1N1 flu are the same. People with flu-like illnesses are advised to stay away from classes and limit interactions with other people for at least 24 hours after no longer having a fever without fever-reducing medications.

Most individuals will not need to access medical care unless complications arise or severe symptoms surface. The more the ill person isolates themselves, the more effective the campus will be in reducing the number of people affected. For this reason and the high demand for services

SEE Flu Pg. 3

Budget cuts affect campus

By Vanessa Junkin
Editor-in-Chief

The State of Maryland has at least \$750 million less than they had expected for Fiscal Year 2010, and that is affecting Salisbury University and the rest of the University System of Maryland (USM).

At her August 3 meeting, SU President Dr. Janet Dudley-Eshbach discussed this and talked about budget reductions at SU for Fiscal Year 2010, which runs from July 1, 2009 to June 30, 2010.

When Dudley-Eshbach held her meeting, she said decisions for the first round of budget cuts had already been made. She explained that the USM portion of this first \$281 million statewide reduction was \$37.8 million, and said SU had to find \$1.54 million.

This money came out of the facilities renewal funds, the utility costs and the fund balance, Dudley-Eshbach said.

The fund balance is the University's leftover money, with a minimum monetary requirement to set aside in a "lock box," explained Vice President of Administration and Finance Betty Crockett after Dudley-Eshbach spoke.

At the time of the August meeting, the exact amount of round two budget cuts had not been determined, but Dudley-Eshbach said an estimated cost to USM would be around \$41 million. She added that negotiations to lower the amount had begun.

By late August, arrangements had been made for USM to instead pay \$30 million instead for round two reductions, Crockett said. She noted that Salisbury's portion of this cost was \$368,344 from general operational funds and \$736,687 from the fund balance.

SU's proposal for round two is that the money will come from utilities and the money saved by the hiring freeze, Crockett said.

According to a recent letter from USM Chancellor William E. Kirwan, total round two cuts for the State of Maryland were about \$454 million.

A plan for temporary salary reductions and furloughs has been prepared for State of Maryland employees, Crockett said, and it is likely that USM will follow suit and then provide guidelines for the universities.

Dudley-Eshbach said she would like to avoid laying off employees.

"We want to continue to protect people, our most precious resource

SEE Budget Pg. 2

CAV program seeks peer educators

By Alysha Warren, M.A.
Student Counseling Services

Salisbury University recently received funding from the United States Department of Justice, Office on Violence against Women, to develop a Campus Against Violence (CAV) Program to respond to issues of sexual assault, relationship violence and stalking.

The Campus Against Violence (CAV) Program represents Salisbury University's commitment to ending sexual violence in all its forms, including sexual assault, domestic violence and stalking on campus. CAV will also provide students with knowledge and skills that will serve them throughout their lives.

Over the next two years, the CAV program, housed in Student Coun-

seling Services, will ensure that the University has a coordinated response to issues of sexual assault, domestic violence and stalking among students. Peer education, counseling services for affected students, skills training, public awareness campaigns and working in collaboration with faculty, staff and students will all be used to create a community that is actively engaged in the prevention of sexual violence.

An integral component of this program will be peer education. The CAV program is issuing an official call to action to all students, male and female, undergraduate and graduate to apply to be paid peer educators. Through student-led workshops, skills training and public awareness campaigns, peer educators have the opportunity to empower

other students to speak out and prevent sexual violence, become campus leaders and help shape the CAV program. The CAV program will tackle the issue of sexual violence through interactive workshops, publications, public awareness campaigns, campus wide events, film weeks and other activities.

CAV is looking for students who are motivated, energetic, creative and who have an interest in social justice issues. Peer educators are expected to commit to the program for a minimum of two semesters. The deadline for applications is Friday, Sept. 18.

Sexual violence leaves visible and invisible imprints on all of us. It affects the people involved, how these people feel about themselves and how they often begin to view the

world. Friends and family can feel helpless in the aftermath of a sexual assault or after learning that someone is in a physically violent relationship. Most people want to help but they aren't always sure what to do or say.

The new peer education program provides a unique opportunity for students to learn what to say and do and share this information with their peers while connecting with other students and developing their leadership skills. The CAV program also has a comprehensive Web site that provides information about sexual assault, relationship violence and stalking, resources and tips for how to support a friend. For more information about the CAV Program and to become a peer educator, visit www.salisbury.edu/counseling/cav/.

Briefly Stated

Beyond The Wall Poster Sale

Students can buy posters, magnets, shower curtains, postcards, frames, tapestries and more at the Beyond the Wall poster sale on Tuesday, September 8 through Friday, September 11, 10 a.m. to 5 p.m. in the Fireside Lounge.

The sale is sponsored by O.S.A.O. & L. Go to www.beyondthewall.com for more information.

Join Them in the S.A.C.

The Salisbury University Student Alumni Council (SAC) hosted 460 students and advisors from 86 schools in Baltimore at the 2009 CASE ASAP annual national student leadership conference in August and had an experience to network and grow.

Salisbury's SAC is now offering the chance to win an iPod Touch for \$1 - see the SAC Web site for details.

If you want to join the growth of SAC at Salisbury, the first meeting is Tuesday, Sept. 8 at 3:30 p.m. in the Alumni House.

See <http://www.salisbury.edu/giving/classgift/studentalumni-council.html> or e-mail sac@salisbury.edu for more information.

Paris Trip Info Session

Drs. Arlene White of SU and Susan Cooledge of the University of Maryland Eastern Shore offer a one-credit course about the history of Paris (taught in English) during the Winter 2010 term.

The course is titled "MDFL 399: History of Paris." Interested students, faculty and townspeople are invited to attend an informational meeting on the class and trip 7 p.m. Tuesday, September 8, in TETC 155 at SU.

For more information contact White at 410-543-6253 or arwhite@salisbury.edu.

eGallery Exhibit

Video self-portraits produced by artists Michael Sariff and Tim Whidden are shown together for the first time during the exhibit "MTAA: 2 Live" at Salisbury University's Electronic Gallery.

The exhibit, located in TETC 113, runs September 8 through October 23. Hours are 10 a.m. to 4 p.m. Monday-Friday and noon to 4 p.m. Sunday.

Admission is free and the public is invited. For more information call 410-677-0272 or visit the Electronic Gallery Web site at www.salisbury.edu/electronicgallery.

Islamic World Exhibit

Various items from the Islamic world are on display September 4-27 in the University Gallery of Fulton Hall.

The exhibit, "Salaam! Welcome! The Frank and Anne Seymour Collection: Artifacts of Everyday Life From the Islamic World," showcases the decorative material culture of the region collected by the Seymours, now Maryland residents, during their 25 years living and teaching in the Middle and Far East. A reception is 5 to 7 p.m. Friday, Sept. 4.

Sponsored by the Office of Cultural Affairs, Art Department, World Artist Experiences, Inc., and several Arab embassies, the exhibit is part of SU's "The Arts and Culture of the Arab World" fall cultural events series.

Gallery hours are 10 a.m. to 4 p.m. Tuesday-Friday and noon to 4 p.m. Saturday-Sunday. Admission is free and the public is invited. For information call 410-543-6271.

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Flu

Continued from Pg. 1

for very ill students, Student Health Services will not be issuing medical excuses for classes.

Seasonal flu vaccine clinics will be held on Wednesday, Sept. 23 and Friday, Sept. 25 from 9 a.m. to 1 p.m. in the Links of the Commons. Vaccines will be given on a first-come, first-served basis. Students, faculty, staff, spouses and partners are eligible to receive the seasonal vaccine. Vaccines will cost \$15.00 which can be paid by cash, check or Gull Card. Students under age 18 should obtain a parental consent form prior to Sept. 23 from Student Health Services.

Other ways to prevent the spread of seasonal flu or H1N1 include covering your coughs and sneezes with a

tissue and discarding immediately, washing hands frequently, and keeping surfaces like doorknobs clean.

People with flu sometimes develop other infections such as pneumonia, bronchitis, sinusitis or ear infection. Students should seek medical care if they experience difficulty breathing or shortness of breath; pain or pressure in the chest or abdomen; sudden dizziness; confusion; severe facial pain or swelling; or severe or persistent vomiting or flu-like symptoms that improve but then return with a fever and worse cough.

While often the solution is just self-isolation, Student Health Services suggests seeking medical help if there are severe symptoms.

Regular updates are posted on the university's emergency preparedness Web site: www.salisbury.edu/emergency.

Ambassador

Continued from Pg. 1

The Ambassador Lecture Series is one such example of that association. As Salisbury University is the World Artists Experiences' only ambassadorial site on the Eastern Shore, it made sense that they should invite an ambassador to speak here. As the planning continued, the idea came, as Krell-Salgado said, "Well, wouldn't it be great if we could have multiple ambassadors come?"

Krell-Salgado said that she hopes attendees take away "a better understanding of the Arab people, and in particular the Syrian people. Actually, that's what we hope for the entire series, that people will see and understand the individuals and the cultures and not the politics. It's learning about the people, it's really bridging

understanding of people and cultures. It's cultural diplomacy."

The lecture will take place at 7 p.m. on Tuesday, Sept. 15, in the Holloway Hall Auditorium. Tickets are available at the Information Desk in the GUC. Gull Card holders can receive up to four free tickets. Community members are limited to two free tickets.

The two other lecturers in the Ambassador Lecture Series will be Egyptian Ambassador Sameh Shoukry, who will speak on either Wednesday, Sept. 30 or Wednesday, Oct. 7 and the ambassador from Oman, Humaina Sultan Al Mughairy, who is also the first female ambassador to represent an Arab state in the United States. Al Mughairy will speak on Wednesday, Oct. 15. All of the lectures will take place in the Holloway Hall Auditorium.

Parking

Continued from Pg. 1

Security regarding the new garage has some students worried. Senior Breanne Forrest currently parks in the parking garage but is afraid for her safety at night.

"I would be scared to park in the parking garage at night without a security guard especially with all the campus alerts and stories you hear about people getting jumped in parking garages," she said.

Chief of Salisbury University Police Edwin Lashley was involved with the security aspect of the parking garage.

There are cameras and emergency phones located at each end of all three floors.

"We have done a great deal to ensure individual's safety," Lashley said.

Special committees and student

focus groups helped to determine how the parking garage would be utilized.

"We concluded that the garage would be open 24 hours and would be monitored by security personnel at all times," said Lashley.

According to SU's parking rules and regulations, all University faculty, staff and students who park a motor vehicle of any kind on campus grounds must register their vehicle with Parking Services.

Students interested in purchasing a parking permit may do so by accessing their GullNet account and completing the online registration form.

Once completed, the permit may be picked up at the Parking Services Office located in the East Campus Complex off Wayne Street.

Budget

Continued from Pg. 1

at the University," she said.

Crockett said students won't see many changes in regards to the decreasing funds. She explained that when SU is deciding where to make cuts, they look at what the priorities are and take from other areas.

"The academic mission is always the priority of the institution," Crockett said.

In August, Dudley-Eshbach had noted that the Maryland government sees education as important. Currently, the State of Maryland has a tuition freeze, and she said that if the cost of tuition were to rise, SU may have higher budget cuts as a result.

"Interestingly, the tuition freeze, I think, has helped protect us from what would have been even deeper cuts to the University System of Maryland," Dudley-Eshbach said. It's not currently expected that tu-

ition rates will raise in the spring, Crockett said.

She added that the University isn't sure about future budget reductions.

"We're looking at multi-year budget cuts, without any idea when it will reverse itself," Crockett said.

Chief Budget Officer Alan Selser noted that so far, not including the money taken from the fund balance, the operating funds for SU have been decreased by \$1,077,099, which is 2.67 percent of the total.

SU has been doing a lot of construction recently, Dudley-Eshbach said, but she noted that the funds for those projects come from the completely separate capital budget funds.

With its selectivity, new buildings and beautiful campus, Dudley-Eshbach described SU as a "healthy, robust institution."

"You have these down cycles and then you come out of it. And Salisbury University is very strong and I'll tell you there is no place that I would rather be," she said.

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Art and culture color campus galleries

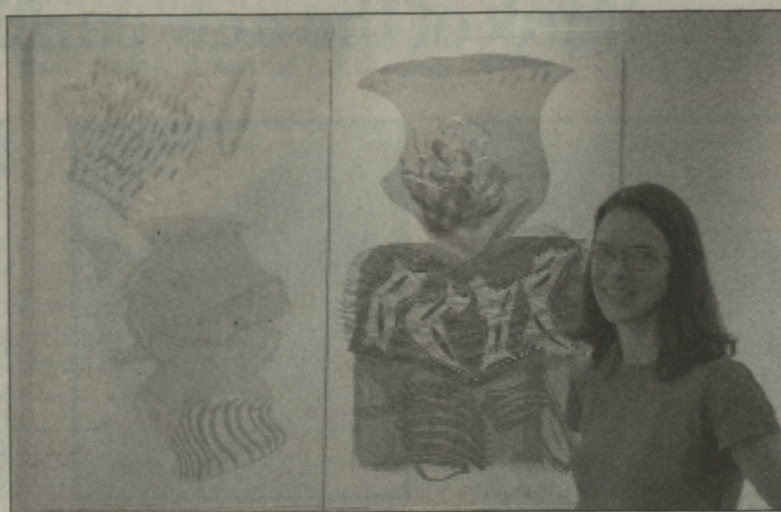
By Diana Dwyer
Staff Writer

The Atrium Gallery of the Guerrieri University Center is hosting an exhibit of abstract screen-printed art by Carrie Ida Edinger this month.

"This fall the University Galleries features ground-breaking women artists of the 21st Century who are at the forefront of creative new advancements in the arts," said Linda Shipp, curator of the University Galleries.

Edinger's abstracts express her interpretations of past experiences. The abstracts consist of bold, contrasting colors with various textures on muslin fabric and Japanese paper or vinyl. Edinger draws from her formal sewing background to compile her work for a unique appeal.

"To Undergo the Moment" fea-



Michael Piorunski photo
Artist Carrie Ida Edinger stands next to her photo "Contention Carrier" during her show in the GUC Atrium Gallery last Friday evening.

tures mixed media prints on large panels. While the conceptual art is open to interpretation, the titles of works like "Predictable Annoyance" give Edinger's viewers an idea as to what she is attempting to express.

"I attempt to feature exhibits that will inspire students to push creativity to the limits. I look for artists who work with new combinations of ideas, materials and techniques. The series of works on display in the exhibit depict feelings of intimacy, acquaintanceship, and casual contact, all taken from her interactions of life," Shipp said.

Edinger earned her B.F.A. from the University of Delaware and is currently a candidate for an M.F.A. at the Cranbrook Academy of Art in Michigan. She received the 2003 Emerging Artist Fellowship in Delaware for her paper and print-

making works.

Edinger has taught printmaking in workshops and at organizations such as the Delaware College for Art and Design, the Delaware Center for Contemporary Arts, and the Pegasus Art Works Program with the Delaware Boys and Girls Clubs. She also displays her work nationally and does solo and group exhibitions at galleries and universities.

This exhibit is sponsored by University Galleries, and the public is invited to view the art for free. Students may stop by the Atrium Gallery on the first floor of the Guerrieri University Center Monday through Wednesday from 10 a.m. to 4 p.m.

Edinger's work is featured through Sept. 30. Visit her Web site at www.carrieda.com to preview her work, or call the exhibit at (410) 543-6100 for more information.

SU named 'Military Friendly' campus

SALISBURY, MD — Salisbury University has been named a Military Friendly School by G.I. Jobs magazine. Honored among the top 15 percent of colleges, universities and trade schools nationwide, SU will be included in "2010 Guide to Military Friendly Schools," published in September. The campus will also be featured in the October editions of G.I. Jobs and Military Spouse magazines.

The guide is designed to help students who are enlisted or who are veterans determine what schools will welcome them and provide the greatest value. There are currently some eight million troops and veterans eligible for G.I. Bill benefits.

"Salisbury appeals to members of the military because this region is very supportive of the military and it has a small town feel where everyone knows each other. Service members are recognized and appreciated," said 2nd Lt. Richard Littlefield ('09) of the U.S. Marine Corps. After earning his B.A. in conflict analysis and dispute resolution at SU, he reports for active duty in September at the Marine Corps base in Quantico, Va.

Welcoming service members, SU recently announced its participation in the Yellow Ribbon Program, an optional component of the new Post-9/11 G.I. Bill for veterans. Through this supplemental program, universities pay up to

half the difference in tuition beyond the amount covered by the federal government. The new bill adds a \$1,000 stipend for books and provides more than \$1,300 a month for housing for up to 36 months.

In fall 2008, SU also brought its Army Reserve Officers' Training Corps (ROTC) program back to campus, following a student-driven demand for its re-establishment. Under the direction of SU alumnus David Engelmann ('05), a 1st lieutenant in the U.S. Army, the program is thriving.

Junior Joe Hoover, who served four years in the U.S. Army and was deployed twice to Iraq, knows firsthand how SU is a military friendly campus. Working as a veterans affairs liaison in the Registrar's Office, he helps other students take advantage of G.I. Bill benefits. Instrumental in establishing a Veterans Club at SU, he also has worked with Counseling Services on the transition assistance that SU provides for veterans.

"With all these new programs in place, SU is distinguishing itself from other schools and hopefully attracting more veterans and military personnel," he said.

For more information on G.I. Bill benefits, visit www.gibill.va.gov. For details about veteran affairs at SU, call 410-543-6189 or visit the SU Web site at www.salisbury.edu.

Music Department expands catalog with addition of music technology major

By Kayla Moore
Staff Writer

The music department now offers music technology as a major.

"The purpose of this curriculum is to give students a basic foundation in music production," according to the music department's press release.

Dr. Linda E. Cockey, chair of the music department, and Dr. Maarten Pereboom, dean of the Fulton School of Liberal Arts, made the decision to add the new major. The

availability of recording and production equipment in the new Teacher Education and Technology Center also played a role in expanding the music department's catalog of available majors.

"[The music department] already has many students looking into the program and five students that have declared it as their major," Cockey said.

Music technology will prepare students for a wide array of careers in the music business including music

production, multimedia specialization and sound engineering technicians.

This major is unique compared to the other available music tracks at Salisbury. Music technology is the only major in Salisbury's music program that is not offered at other universities in Maryland. This major is also offered as a professional degree.

"Music technology is a Bachelor's degree of Music where as the other music majors available at Salisbury are offered as a Bachelor's degree of

Art in Music," Cockey said.

"The music technology major is coupled with a traditional music major track, meaning that the student must audition for the major, take core music major classes, jury examinations and study either vocal training or instrumental training. Students who choose music technology as their major, however, do not have to have a recital to graduate," she said.

Salisbury music majors have something to look forward to as music

management prerequisite courses are being incorporated into next year's curriculum for the music technology track.

"The music management classes aren't available to take now, however they should be available for enrollment sometime next year," Cockey said.

For now, students are completing their music and general education courses already offered before pursuing the core music technology courses.

What's Cooking?

By Michael Piorunski
Staff Writer

"What's Cooking?" is friggin' back! Yeah, seems fishy to me too. But trust me folks, there is no fish to be found here (at least not this week). All I have to say is, get yourself mis en place, feng shui your friggin' kitchen, stock your pantry and get ready to fire-up the range (that's a stove if you're not familiar). This week though we're going to start out in the right-hand lane with a recipe I adapted from the Mark Bittman food Bible for vegetarians (and everyone else I suppose) aptly called "How to Cook Everything Vegetarian." Bittman, a food writer for The New York Times, and also known as "The Minimalist," strives to keep his recipes, well, minimal. And even though his ingredient lists seem a bit brief, the cook is able to achieve an incredible level of flavor from the ingredients he or she uses. I love this basic banana bread recipe because the batter can handle nearly any addition you wish to add; my personal favorites being golden

raisins, dark chocolate chunks and walnuts. I try to use whole wheat flour or whole wheat pastry flour whenever possible as you'll see, and I've reduced the amount of sugar and butter in the original recipe as it's a bit more gentle on the waistline. This bread is great to make on a Sunday so you can have yourself a piece for the rest of the week, that is if it lasts that long.

Recipes for a tight budget

BANANA BREAD



Ingredients:

- 1 1/2 cups whole wheat pastry flour
- 1/2 cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/2 teaspoon cinnamon
- 3 very ripe bananas, mashed
- 2 eggs (or equivalent egg replacer), beaten
- 1/2 stick unsalted butter (can use veg. oil or vegan butter)
- 1/2 cup cane sugar (I prefer demerara sugar)
- 1 teaspoon vanilla
- Handful of rolled oats, chocolate chunks, walnuts, raisins, etc.

Method:

Preheat oven to 375 degrees Fahrenheit. Combine dry ingredients including flour, baking powder, salt and cinnamon in a medium sized mixing bowl; in baking, sugar is always considered a "wet" ingredient. In a separate bowl, lightly "cream" or whip the butter. Next, add sugar, eggs, banana, and vanilla. Add wet ingredients to the dry ingredients and mix until just combined. You do not want to over work the batter, it doesn't like to be bothered too much. Then fold in your additions. Transfer batter to rectangular loaf pan or muffin cups. Bake for 35-40 min or until top in golden brown (but not burned).

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Unordinarily S(h)ane Parental Independence

By Shane Hill
Staff Writer

A girl in ruby slippers once said, "There's no place like home." Although this may be true, freshmen and seniors might say that you should never take the independence college provides for granted. For some, this is getting that piercing, exploring new lifestyles, or doing something so unorthodox that Jonnie Cochran could not even redeem you.

Others, however are not so fortunate and have an even shorter leash in college than at home. With parents so controlling, when are college kids finally considered adults?

Some argue that once college students pay their own bills, turn a certain age, or reach a peak in their academic careers, they can be considered adults. There are many rea-

sons why parents are so controlling, but the outstanding reason is fear.

As a senior, I've experienced extreme cases of parents dictating which classes to take and which majors to pursue as well as parents blocking certain people from students' cell phones and threatening to stop paying for college.

College is a time to develop oneself and sometimes break away from or loosen that parental collar. The good news is that independence is possible even with parents as strict as Mommy Dearest. The bad news is that independence is not so easy.

Parents can help guide you, but sometimes you have to take the reigns of your own life. Honoring the rentals is not synonymous with letting parents dominate your life. Your adult life is yours and begins when you say so!

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From the Photo Bank: What's Happening On Campus



R. L. Pusey photo

The World Gym Gorilla and the Philly Pretzel Factory mascot engage in arm-wrestling at Survival of Arrival.



R. L. Pusey photo

Icebreaker games were part of the Powerful Connections program hosted by Multicultural Student Services.



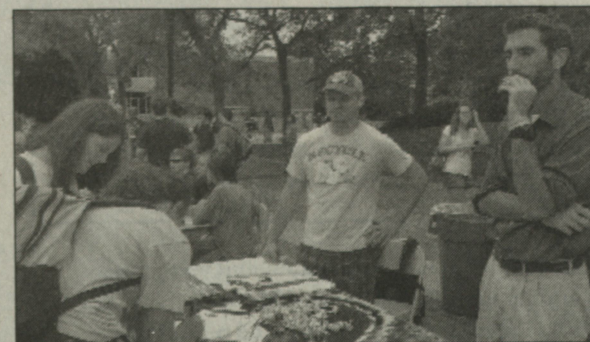
Kelly Robinson photo

Philosophy Society members recruit new students during Thursday's Activities Fair.



Vanessa Junkin photo

Seniors Bill Kerns, Mike Marfut, Ryan Powell and Bryan Gastelle sang "Red Red Wine" at karaoke night during Welcome Week.



Kelly Robinson photo

Shaun Sullivan and Outdoor Club advisor Sam Gibson encourage students to get involved and get active.



R. L. Pusey photo

During Survival of Arrival, new students created stress balls at the Student Counseling table.

Jim Nestor named Coach of the Year

By Tom Watson
Sports Editor

Following the 2009 spring season, Salisbury University women's lacrosse Head Coach Jim Nestor was named the Intercollegiate Women's Lacrosse Coaches Association (IWLC) Division III South Atlantic Region Coach of the Year.

Nestor led his second-ranked Sea Gulls (20-2) to their second national championship game appearance in the past three years (their third appearance in the past five years). Salisbury however, fell 11-10 in overtime to Franklin & Marshall, coached by National and Metro Region Coach of the Year, Lauren Paul.

The 2009 women's lacrosse team had plenty more to celebrate, though, claiming their seventh straight Capital Athletic Conference (CAC) championship and boasting a program best five IWLC All-Americans: Seniors Robyn Bishop, Holly Johnson, Sarah McKinley and Sonia Stewart all earned honors, as did junior Beth Rhodes.

Salisbury's offense finished the season with 577 points scored, the most

in the country, and with the fourth best scoring offense, netting 17.5 goals per game. SU's defense was no slouch either, finishing the season as the sixth best scoring defense in the nation, scoring 7.77 goals per game.

Coach Nestor, who spends each fall coaching the Salisbury women's soccer team, has been honored five times in his eight years as a Salisbury coach. He was named Chesapeake Region Coach of the Year in 2004 and 2005 and then again in 2007 and 2008, and he was named National Coach of the Year in 2005 after leading his team to a 17-1 record and a National Finalist trophy. Nestor has also claimed the CAC Coach of the Year honor each of the last seven seasons (03-'09).

In eight years as the women's lacrosse head coach, Nestor has amassed a record of 136-19 and a 45-2 mark in the CAC.

A graduate of Salisbury University in 1990, Nestor spent his time from 1991-1994 between three schools: Frostburg (Md.) State (91-'92), Colby-Sawyer (N.H.) (92-'94), and Lafayette (Pa.) (1994).

Following those short stints, he

spent six years coaching women's lacrosse and soccer at D-II Gannon University in Erie, Pa. before returning to Salisbury. Nestor compiled a 73-20-1 record in each of his six winning seasons as the GU women's lacrosse head coach. He led Gannon to three straight ECAC titles from 1998-2000 and Gannon was named co-national champion after the 2000 season.

While at Gannon, Nestor was named IWLC D-II Coach of the Year in 1996 and in 2000, was recognized as the NCAA D-II Coach of the Year by CollegelacrosseUSA.com.

While a student at Salisbury University, Nestor was a four-year letter winner in lacrosse and wrestling. His



Patrick Morris photo

Coach Jim Nestor explains a drill to his team on the soccer field during Wednesday afternoon practice. Nestor, who coaches both women's soccer and women's lacrosse, was recently named the IWLC D-III South Atlantic Region Coach of the Year.

wife, Linda, also a Salisbury alum, was a four-year letter winner in women's lacrosse.

As the head coach of the women's soccer team, Nestor has compiled an

83-48-17 record in his eight years at the helm. He has guided the Sea Gulls to five CAC championship games, including a CAC title in 2006, and two NCAA tournament berths.

SU soccer gets the ball rolling

By Brian Lomax
Staff Writer

A team that has won two straight CAC championships and played in multiple NCAA tournaments might be susceptible to complacency.

However, that should not be the case for the Salisbury men's soccer team (1-0).

"We're defending conference champions and our goal is to win the conference, plus earn an automatic berth in the NCAA tournament," said Head Coach Gerry DiBartolo.

After finishing 15-4-3 last season, the Sea Gulls return much of the successful 2008 squad, including senior All-American midfielder Kyle Sterling, who led the team in points last season with 25 (10 goals, 5 assists). With so many experienced players, leadership will not be an issue with this team.

"We have designated captains, but everyone is a leader," said senior midfielder Ben Reed. "We're confident in the team and players that we can all do that."

After losing to Dickinson in the first round of the NCAA tournament last season, the Sea Gulls hope to improve their tournament record.

"We want to get past the second round of the NCAAs," said senior midfielder and 2008 All-CAC selection Alex Hargrove. "I'd like to see us playing through November into December."

Coach DiBartolo hopes some tough matches this year will leave his team battle heartened towards the end of the season.

"We have a good balance of young and old players. By the end of the year, they'll feel like they can handle anything."

On the women's soccer field, confidence is brimming as the SU women's soccer team (0-1) looks to avenge their loss to York in the CAC tournament last season.

"We're looking to get back to the championship game," said Head Coach Jim Nestor.

The 2009 team is relatively young with key returning players like senior defender Hillary Gove and sophomore forward/midfielder Amanda



Dan Anderson photo

Sophomore forward Sarah Jessilonis fights for control against rival Virginia Wesleyan.

Miele. Also coming back is sophomore forward Sarah Jessilonis, who led the team with seven goals and 15 points last season.

"I'm pretty excited about the upcoming season," said Miele. "We want to work as a team, stay up and find leadership."

The women's Sea Gulls went undefeated in conference play last season, earning them the top seed entering the 2008 CAC tournament. Though their season ended prematurely, the Gulls are looking towards the future.

"We have a large group of players who have that ability to create and score," said Nestor. "We'd like to put ourselves in a position to win it all."

Cross country looks for another CAC title sweep

By Dana Dunne
Staff Writer

Both the Salisbury men's and women's cross country teams enter the 2009 season as defending CAC champions after placing 11 runners on all-conference teams. This season, the men are racing towards their fifth straight conference title while the women hope to repeat after winning their fourth championship in the past five years last season.

The Salisbury men's cross country team enters this season as the No. 10 ranked team in the Midwest region, according to the U.S. Track & Field and Cross Country Coaches Association's (USTFCC) D-III preseason rankings.

The Gulls won two of their five regular season meets in 2008 before running to their fourth straight CAC Championship in November, earning an automatic

NCAA berth. In the NCAA Midwest Regional Championships last year, SU finished 11th out of 43 teams participating in the race.

The men return three of their top runners in junior Chris Barnard, sophomore John Fitzgerald, and senior Travis Boecher, who led all Sea Gulls in last year's NCAA Midwest Regional Championships, finishing 38th overall in a time of 26:38. Boecher was also named to the Division-III Men's Cross Country All-Academic team by the USTFCCCA.

Head coach Jim Jones, a seven-time CAC Men's Cross Country Coach of the Year (2000, '02-'03, '05-'08) and a two-time CAC Women's Cross Country Coach of the Year (04 and '05), hopes this blend of younger and older runners will lead to a ninth CAC championship and another NCAA berth.

"The veterans will help the new-

comers," Jones said.

The women's team graduated two of their top runners in last year's team leaders Amy DeMichele and Jenn Bulger; however, juniors Masha Berge and Kristin Stromberg look primed to step into that leadership role. Both Berge and Stromberg finished in the top 100 at last year's Regional Championships where the women's Sea Gulls placed 17th overall. Sophomore Emily Powell, who finished fifth for SU (149th overall) at last year's regional championships also looks to help anchor this young women's roster as they try to repeat as CAC champions.

The Gulls began their title defense last weekend at the Sea Gull Home Opener at Winterplace Park. This weekend they will compete in the Towson University Invitational in Hunt Valley, Md. at 10 a.m.

Football ready for action, set to enter Empire 8

By Therran Dennis
Staff Writer

For the returning student-athletes on the Salisbury University football squad, the anticipation of success on the gridiron, as well as in the classroom, is met by the challenges that await them at the start of the 2009 season.

The Sea Gulls, led by 11th-year head coach Sherman Wood, come into the 2009 season ranked 24th in the nation by USA Today's Sports Weekly College Football Preview Division III poll. They finished 2008 with a 9-2 record, having clinched the 2008 Eastern College Athletic Conference (ECAC) South-West Bowl championship bid.

The squad will have 67 returning student-athletes from that championship team a season ago, as they look to capitalize on last year's success. Though the season officially kicked off last

Saturday afternoon against Division II Pace University, the real challenge for the Sea Gulls begins this coming Halloween afternoon, as they will travel north on Route 13 to face-off against heated American Central Football Conference rival Wesley College. The Sea Gulls lost at home last season to the Wolverines, 36-21.

Leading the Sea Gulls this season will be team captains defensive lineman Alex Bresner, defensive back Antoine Cuff, defensive end Paul Cynewski, slot back William Midgett, and quarterback Bobby Sheahin. Bresner, Cuff, and Cynewski are looking to lead a defense that was ranked 38th and 50th in total defense and rushing defense, respectively.

Cynewski, who's returning for his senior season, was named All-Atlantic Central Football Conference (ACFC) first team a season ago, as he led the team with 9.5 sacks and also tallied 42 tackles (34 solo). Midgett was a member of the Sea Gull rushing attack that was ranked first in the nation with 379.9 yards per game. Last season he recorded a total of 264 yards, with four touchdowns, in-

cluding a receiving touchdown. Sheahin, a University of Maryland (College Park) transfer, returns for a third season with SU. In five games behind center, Sheahin recorded a passing percentage of 44.4 percent, completing 12 of 27 passes for 195 yards and two touchdowns. He also rushed for 109 yards, including a season-long 41 against Geneva College on September 13 last season, and one touchdown.

Also with the start of the new season comes the anticipation of the 2010 season. Announced in early July, SU football will join

the Empire 8 Athletic Conference. The Sea Gulls will be an affiliate member in 2011, but will become part of a partial Empire 8 schedule next year, according to a press release from the Empire 8 Web site. The Sea Gulls, along with Frostburg State University and Springfield College, will compete

against other Division III schools including Alfred University, Hartwick College, Ithaca College, St. John Fisher College, and Utica University.

"We are excited on becoming a member of such a prestigious and highly competitive football conference," said Salisbury University athletic director Dr. Michael Vienna.

"This affiliation will provide our football student-athletes the opportunity to have a full conference schedule and to compete against some of the finest Division III institutions and football programs in the nation."

"The conference is well-respected and very competitive both on and off the field," said Coach Wood. "On behalf of our staff and students, I would like to thank the Empire 8 for inviting Salisbury Football into one of the most competitive conferences in the nation."

For now, however, the Gulls will travel to North Carolina Wesleyan this Saturday and to Christopher Newport University Sept. 19. The Sea Gulls' next home game is Sept. 26 at noon.

SEPTEMBER 8, 2009 THE FLYER

Field hockey hunts for 15th consecutive CAC title

By Alexis Howard
Staff Writer

Fall sports at Salisbury University are just getting underway and the Salisbury University field hockey team is already off to a good start in building off of last season's success. They defeated Hood College on Sept. 1 by a final score of 10-0.

Last year, the Sea Gulls, who are coached by recent NFHCA Hall of Fame inductee Dawn Chamberlin, ended the 2008 season with a 15-4 record, snagging their 14th consecutive Capital Athletic Conference (CAC) title and earning their 24th NCAA tournament appearance.

They made it to the second round of the NCAA tournament, where they fell to Cortland State (currently ranked No. 9 in the preseason poll) 4-3. The SU field hockey team is a three-time NCAA national champion.

Entering the 2009 season, the field hockey team is ranked No. 6 in the nation, according to the Kook-

aburra/NFHCA Division III Preseason Poll. Also, according to Womensfield.com, the team has earned the title of First Team All-American.

Returning team captain, senior All-American forward Lauren Correll, was selected for the 2008-09 CoSIDA Women's At-Large Academic All-District second team. Correll, who hopes to become the ninth player in SU history to become a three-time All-American, led the team in points last season with 38 (18 goals, 2 assists). She will be joined up front by senior forward Beverly Beladino, who finished last year with 18 points (7 goals, 4 assists). Last season the Sea Gulls outscored opponents 67 to 13.

Junior All-American midfielder Kandice Hancock, who started all 19 games last year, was named the All-American Strength and Conditioning Athlete of the Year by The National Strength and Conditioning Association (NSCA). Alongside Hancock are senior Michelle Rowe, who finished with the second-highest shot percent-

age on the team, and junior Katie Fost, who looks to round out a strong midfield.

On defense Salisbury looks to remain solid behind goalie Anna Cooke (11-2 in 17 games played in 2008) who made 26 saves last year, finishing with a .743 save percentage. Cooke will be helped in back by 2008 CAC Rookie of the Year Tara McGovern and junior Shannon Hanratty.

SU has a difficult schedule ahead of them as they face No. 11 Johns Hopkins University, No. 4 Messiah College, and No. 10 Rowan University, three of the best teams in the country, in consecutive weeks.

In addition to the quest for a 15th straight CAC championship, the Sea Gulls also aim to get back to the national championship, which they have not won since 2005.

This weekend the Gulls will host the annual SU Invitational where they will face off against Frostburg State on Saturday at 11 a.m. Then at 2 p.m. on Sunday they will face No. 3 Ursinus College.



Dan Anderson photo

Field hockey players scrimmage at the end of their practice on Thursday afternoon. The Gulls will host the SU invitational Saturday, Sept. 12 and Sunday, Sept. 13 at 11 a.m. and 2 p.m.

Volleyball strives to continue success

By Sarah Duffy
Staff Writer

With last year's Capital Athletic Conference (CAC) championship under their belts, this year, the women's volleyball team is out to defend their crown.

Led by head coach Margie Knight and assistant coach Craig Hollidge, the team finished the 2008 season with 36 wins and only two losses, making the record books with a program best. They won the conference title with an 8-0 record in the CAC and made it to the second round of the NCAA tournament before losing to 23rd ranked Eastern University in straight sets.

During Knight's 12 seasons as head coach, the Gulls have achieved 128 overall wins and captured five conference championships. Under her watch, the team has also posted nine 20-win seasons and appeared in five NCAA tournaments.

The Gulls are ranked No. 27 in the nation according to the American Volleyball Coaches Association, but have a chance to secure a higher standing after the upcoming season. This is the first time in SU women's volleyball history that the team has been nationally ranked.

The girls began practice on August 22 and have begun to work as a team.

"After today's practice, it looks like we finally came together," Knight said on Sept. 3.

With several nationally-ranked

teams on their schedule, this season proves to be challenging.

Carnegie Mellon should be a tough fight, according to Knight, but having new freshmen and several returning stars on the team, Salisbury volleyball looks to continue their winning ways.

Freshmen Chelsea Glowacki, Jenna Shay, and Carley Todd will start on the court and are names to look for throughout the season. Some returning members are seniors Rachel Downes, who finished second on the team last year with 313 kills, and Gabby Long, who received American Volleyball Coaches Association All-American honorable mention last year.

Alongside Downes, returning senior Nicole Massarelli should also be a force on the net for the Seagulls. Massarelli was third on the team last year with 294 kills.

Stacey Krebs, former CAC Player of the Year and 2008 team leader in kills and kills per game, joins the SU athletic staff as assistant coach.

The Gulls traveled to Gettysburg on Sept. 4 and 5 for their first games of the season where they faced four in-region opponents including Neumann, Messiah, Gettysburg, and Carnegie Mellon.

This weekend they will play in the Washington & Jefferson tournament in Washington, Pa. The Sea Gulls' first home match comes during the SU Invitational on Sept. 18 and 19. Salisbury was a perfect 14-0 at home last season.



Dan Anderson photo

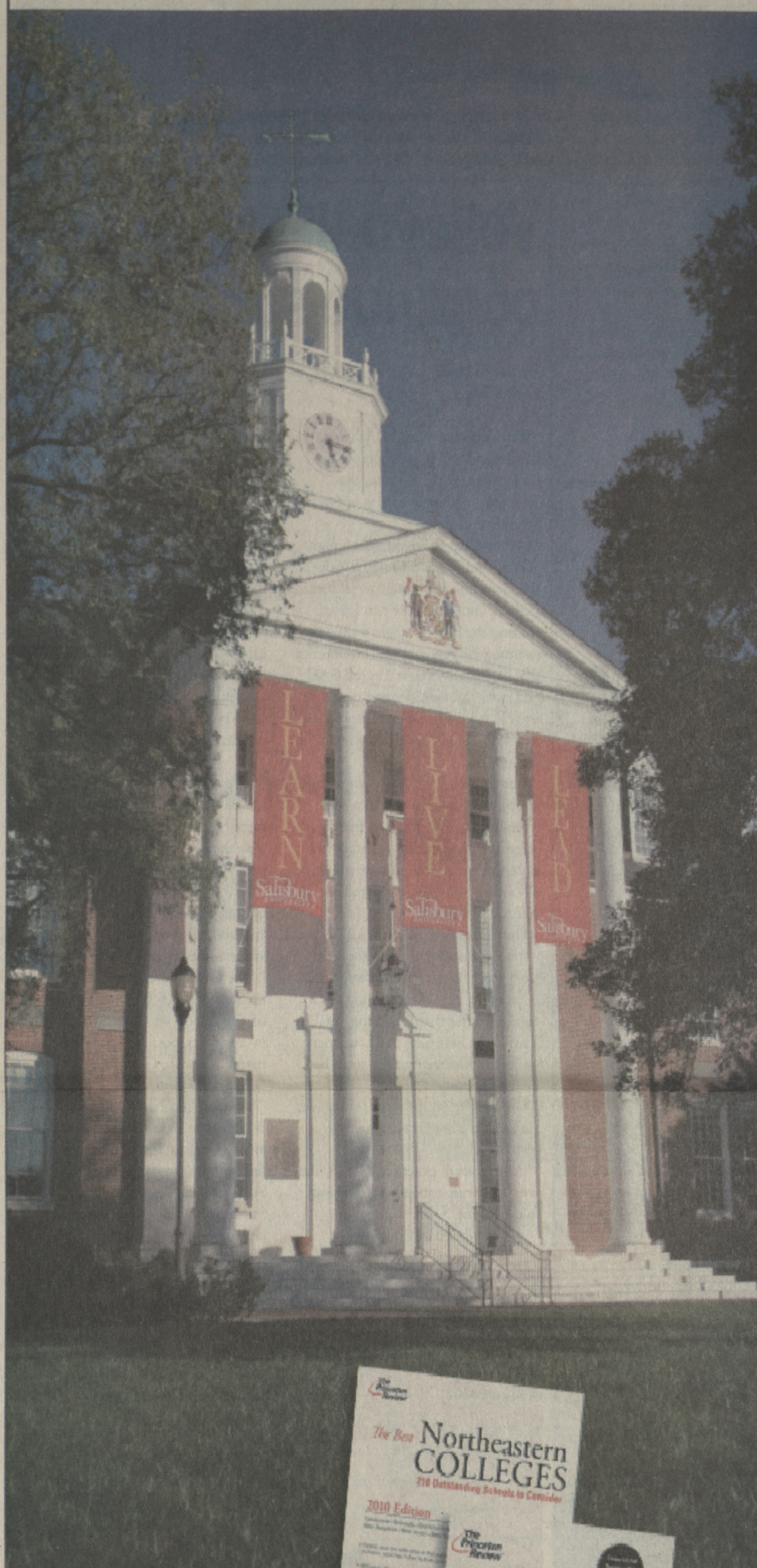
Volleyball players practice a spiking drill in the gym on Thursday afternoon. The Sea Gulls' first home games are Sept. 18 and 19.

SALISBURY SPORTS CALENDAR

Tuesday-9/8	Wednesday-9/9	Thursday-9/10	Friday-9/11	Saturday-9/12	Sunday-9/13
	4:30 p.m. Field Hockey @ Christopher Newport			10 a.m. Cross Country @ Towson Invitational @ Hunt Valley, Md. 1 p.m. Football @ N.C. Wesleyan 1 p.m. Women's Soccer @ Lynchburg 6 p.m. Men's Soccer vs. Bridgewater (Va.) @ St. Mary's City TBA Field Hockey vs. SU Invitational TBA Volleyball @ Washington & Jefferson Tournament, Washington, Pa.	3 p.m. Men's Soccer vs. Randolph-Macon @ St. Mary's City TBA Field Hockey vs. SU Invitational TBA Volleyball @ Washington & Jefferson Tournament, Washington, Pa.

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- *The Princeton Review's* student survey responses

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- *SGA President Pat Gotham to The Daily Times*

"It is the attention to detail that is given to students that makes SU so unique and special. As a student, we're really proud that we are consistently ranked—it shows we are doing something right."

- *Graduate student Lili Afkhami to The Daily Times*

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- Groundbreaking on a new, LEED-certified home for the Franklin P. Perdue School of Business
- SU's first parking garage across the street from Sea Gull Stadium
- Faculty who spend nearly 2,000 hours each week advising students
- Expanded global service projects including helping social service agencies in Aguascalientes, Mexico, during spring break 2010
- Fulbright Scholars in Israel and Ghana
- Living Learning Communities for students studying Science, Technology, Engineering and Mathematics (STEM) programs and eco-conscious residents
- Two faculty winners of the USM's prestigious \$80,000 Elkins Professorship for scholarly efforts in sustainability
- A new provost – Dr. Diane Allen

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